

PHASE 1

BASE HYPERTROPHY

(MODERATE VOLUME, MODERATE INTENSITY)

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Bench Press</u>	3-4	1	3-5		8-9	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>Larsen Press</u>	0	2	10		8-9	~3-4 min	<u>DB Bench Press (No Leg Drive)</u>	<u>Machine Chest Press (No Leg Drive)</u>	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	<u>Standing Dumbbell Arnold Press</u>	2	3	8-10		8-9	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1. Press-Around</u>	1	2	12-15		9-10	0 min	<u>DB Flye</u>	<u>Deficit Push Up</u>	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	<u>A2. Pec Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Cross-Body Cable Y-Raise (Side Delt)</u>	1	3	12-15		9-10	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	Think about swinging the cable out and up as if "drawing a sword" from your side.
	<u>Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension</u>	1	3	8 + 8		9-10	~1-2 min	<u>Triceps Pressdown (12-15 reps)</u>	<u>DB Skull Crusher (12-15 reps)</u>	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	<u>N1-Style Cross-Body Triceps Extension</u>	0	2	10-12		10	~1-2 min	<u>Single-Arm Tricep Pressdown</u>	<u>Single-Arm Cable Tricep Kickback</u>	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		8-9	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		9-10	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		9-10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	3	6-8		9-10	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		10	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	2-4		8-9	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		8-9	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	3	8-10		8-9	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		8-9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	3	10-12		9-10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Leg Press Toe Press</u>	1	4	10-12		9-10	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	3	10-12		9-10	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.
OPTIONAL REST DAY										

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER #1	<u>Pull-Up</u>	2	2	8-10		8-9	~2-3 min	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	1.5x shoulder width grip, pull your chest to the bar.
	<u>Close-Grip Barbell Incline Press</u>	2-3	3	8, 5, 12		8-9	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Kroc Row</u>	2	3	10-12		8-9	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Eccentric-Accentuated Cable Lateral Raise,</u> <u>Constant-Tension Cable Lateral Raise</u>	1	3	5, 15		9-10	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	First 5 reps: 5-second lowering phase, last 15 reps constant tension (no pausing at the bottom or top).
	<u>N1-Style Cross-Body Bicep Curl</u>	1	3	10-12		9-10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Curl</u>	Curl across your body with your arm out to the side at ~60°.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER #1	<u>Deadlift</u>	3-4	1	5		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting
	<u>Stiff-Leg Deadlift</u>	0	2	8		8-9	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees
	<u>Leg Press</u>	2-3	4	10-12		8-9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round
	<u>Glute Ham Raise</u>	1	3	8-10		9-10	~1-2 min	<u>Nordic Ham Curl</u>	<u>Lying Leg Curl</u>	Keep your hips straight, do Nordic ham curls if no GHR machine
	<u>Slow-Eccentric Leg Extension</u>	1	3	8-10		9-10	~1-2 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Control the weight with a 3-4 second negative
	<u>Seated Calf Raise</u>	1	4	15-20		9-10	~1-2 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce
	<u>Roman Chair Leg Raise</u>	1	3	10-20		9-10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Don't swing your legs at the bottom, minimize momentum, tuck your knees towards your chest if lifting your legs straight out is too challenging
MANDATORY 1-2 REST DAYS										

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Bench Press</u>	3-4	1	3-5		8-9	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>Larsen Press</u>	0	2	10		8-9	~3-4 min	<u>DB Bench Press (No Leg Drive)</u>	<u>Machine Chest Press (No Leg Drive)</u>	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	<u>Standing Dumbbell Arnold Press</u>	2	3	8-10		8-9	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1. Press-Around</u>	1	2	12-15		9-10	0 min	<u>DB Flye</u>	<u>Deficit Push Up</u>	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	<u>A2. Pec Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Cross-Body Cable Y-Raise (Side Delt)</u>	1	3	12-15		9-10	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	Think about swinging the cable out and up as if "drawing a sword" from your side.
	<u>Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension</u>	1	3	8 + 8		9-10	~1-2 min	<u>Triceps Pressdown (12-15 reps)</u>	<u>DB Skull Crusher (12-15 reps)</u>	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	<u>N1-Style Cross-Body Triceps Extension</u>	0	2	10-12		10	~1-2 min	<u>Single-Arm Tricep Pressdown</u>	<u>Single-Arm Cable Tricep Kickback</u>	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		8-9	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		9-10	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		9-10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	3	6-8		9-10	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		10	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	3-5		8-9	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		8-9	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	3	8-10		8-9	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		8-9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	3	10-12		9-10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Leg Press Toe Press</u>	1	4	10-12		9-10	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	3	10-12		9-10	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.
OPTIONAL REST DAY										

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER #1	<u>Pull-Up</u>	2	2	8-10		8-9	~2-3 min	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	1.5x shoulder width grip, pull your chest to the bar.
	<u>Close-Grip Barbell Incline Press</u>	2-3	3	8, 5, 12		8-9	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Kroc Row</u>	2	3	10-12		8-9	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Eccentric-Accentuated Cable Lateral Raise,</u> <u>Constant-Tension Cable Lateral Raise</u>	1	3	5, 15		9-10	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	First 5 reps: 5-second lowering phase, last 15 reps constant tension (no pausing at the bottom or top).
	<u>N1-Style Cross-Body Bicep Curl</u>	1	3	10-12		9-10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Curl</u>	Curl across your body with your arm out to the side at ~60°.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER #1	<u>Deadlift</u>	3-4	1	4		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting
	<u>Stiff-Leg Deadlift</u>	0	2	8		8-9	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees
	<u>Leg Press</u>	2-3	4	10-12		8-9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round
	<u>Glute Ham Raise</u>	1	3	8-10		9-10	~1-2 min	<u>Nordic Ham Curl</u>	<u>Lying Leg Curl</u>	Keep your hips straight, do Nordic ham curls if no GHR machine
	<u>Slow-Eccentric Leg Extension</u>	1	3	8-10		9-10	~1-2 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Control the weight with a 3-4 second negative
	<u>Seated Calf Raise</u>	1	4	15-20		9-10	~1-2 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce
	<u>Roman Chair Leg Raise</u>	1	3	10-20		9-10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Don't swing your legs at the bottom, minimize momentum, tuck your knees towards your chest if lifting your legs straight out is too challenging
MANDATORY 1-2 REST DAYS										

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Bench Press</u>	3-4	1	2-4		8-9	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>Larsen Press</u>	0	2	10		8-9	~3-4 min	<u>DB Bench Press (No Leg Drive)</u>	<u>Machine Chest Press (No Leg Drive)</u>	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	<u>Standing Dumbbell Arnold Press</u>	2	3	8-10		8-9	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1. Press-Around</u>	1	2	12-15		9-10	0 min	<u>DB Flye</u>	<u>Deficit Push Up</u>	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	<u>A2. Pec Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Cross-Body Cable Y-Raise (Side Delt)</u>	1	3	12-15		9-10	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	Think about swinging the cable out and up as if "drawing a sword" from your side.
	<u>Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension</u>	1	3	8 + 8		9-10	~1-2 min	<u>Triceps Pressdown (12-15 reps)</u>	<u>DB Skull Crusher (12-15 reps)</u>	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	<u>N1-Style Cross-Body Triceps Extension</u>	0	2	10-12		10	~1-2 min	<u>Single-Arm Tricep Pressdown</u>	<u>Single-Arm Cable Tricep Kickback</u>	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		8-9	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		9-10	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		9-10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	3	6-8		9-10	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		10	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	4-6		8-9	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		8-9	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	3	8-10		8-9	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		8-9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	3	10-12		9-10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Leg Press Toe Press</u>	1	4	10-12		9-10	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	3	10-12		9-10	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.
OPTIONAL REST DAY										

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER #1	<u>Pull-Up</u>	2	2	8-10		8-9	~2-3 min	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	1.5x shoulder width grip, pull your chest to the bar.
	<u>Close-Grip Barbell Incline Press</u>	2-3	3	8, 5, 12		8-9	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Kroc Row</u>	2	3	10-12		8-9	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Eccentric-Accentuated Cable Lateral Raise, Constant-Tension Cable Lateral Raise</u>	1	3	5, 15		9-10	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	First 5 reps: 5-second lowering phase, last 15 reps constant tension (no pausing at the bottom or top).
	<u>N1-Style Cross-Body Bicep Curl</u>	1	3	10-12		9-10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Curl</u>	Curl across your body with your arm out to the side at ~60°.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER #1	<u>Deadlift</u>	3-4	1	3		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting
	<u>Stiff-Leg Deadlift</u>	0	2	8		8-9	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees
	<u>Leg Press</u>	2-3	4	10-12		8-9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round
	<u>Glute Ham Raise</u>	1	3	8-10		9-10	~1-2 min	<u>Nordic Ham Curl</u>	<u>Lying Leg Curl</u>	Keep your hips straight, do Nordic ham curls if no GHR machine
	<u>Slow-Eccentric Leg Extension</u>	1	3	8-10		9-10	~1-2 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Control the weight with a 3-4 second negative
	<u>Seated Calf Raise</u>	1	4	15-20		9-10	~1-2 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce
	<u>Roman Chair Leg Raise</u>	1	3	10-20		9-10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Don't swing your legs at the bottom, minimize momentum, tuck your knees towards your chest if lifting your legs straight out is too challenging
MANDATORY 1-2 REST DAYS										

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Bench Press</u>	3-4	1	2-4		8-9	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>Larsen Press</u>	0	2	10		8-9	~3-4 min	<u>DB Bench Press (No Leg Drive)</u>	<u>Machine Chest Press (No Leg Drive)</u>	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	<u>Standing Dumbbell Arnold Press</u>	2	3	8-10		8-9	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1. Press-Around</u>	1	2	12-15		9-10	0 min	<u>DB Flye</u>	<u>Deficit Push Up</u>	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	<u>A2. Pec Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Cross-Body Cable Y-Raise (Side Delt)</u>	1	3	12-15		9-10	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	Think about swinging the cable out and up as if "drawing a sword" from your side.
	<u>Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension</u>	1	3	8 + 8		9-10	~1-2 min	<u>Triceps Pressdown (12-15 reps)</u>	<u>DB Skull Crusher (12-15 reps)</u>	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	<u>N1-Style Cross-Body Triceps Extension</u>	0	2	10-12		10	~1-2 min	<u>Single-Arm Tricep Pressdown</u>	<u>Single-Arm Cable Tricep Kickback</u>	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		8-9	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		9-10	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		9-10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	3	6-8		9-10	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		10	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	3-5		8-9	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		8-9	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	3	8-10		8-9	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		8-9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	3	10-12		9-10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Leg Press Toe Press</u>	1	4	10-12		9-10	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	3	10-12		9-10	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.
OPTIONAL REST DAY										

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER #1	<u>Pull-Up</u>	2	2	8-10		8-9	~2-3 min	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	1.5x shoulder width grip, pull your chest to the bar.
	<u>Close-Grip Barbell Incline Press</u>	2-3	3	8, 5, 12		8-9	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Kroc Row</u>	2	3	10-12		8-9	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Eccentric-Accentuated Cable Lateral Raise, Constant-Tension Cable Lateral Raise</u>	1	3	5, 15		9-10	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	First 5 reps: 5-second lowering phase, last 15 reps constant tension (no pausing at the bottom or top).
	<u>N1-Style Cross-Body Bicep Curl</u>	1	3	10-12		9-10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Curl</u>	Curl across your body with your arm out to the side at ~60°.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER #1	<u>Deadlift</u>	3-4	1	2		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting
	<u>Stiff-Leg Deadlift</u>	0	2	8		8-9	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees
	<u>Leg Press</u>	2-3	4	10-12		8-9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round
	<u>Glute Ham Raise</u>	1	3	8-10		9-10	~1-2 min	<u>Nordic Ham Curl</u>	<u>Lying Leg Curl</u>	Keep your hips straight, do Nordic ham curls if no GHR machine
	<u>Slow-Eccentric Leg Extension</u>	1	3	8-10		9-10	~1-2 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Control the weight with a 3-4 second negative
	<u>Seated Calf Raise</u>	1	4	15-20		9-10	~1-2 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce
	<u>Roman Chair Leg Raise</u>	1	3	10-20		9-10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Don't swing your legs at the bottom, minimize momentum, tuck your knees towards your chest if lifting your legs straight out is too challenging
MANDATORY 1-2 REST DAYS										

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Bench Press</u>	3-4	1	3-5		8-9	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>Larsen Press</u>	0	2	10		8-9	~3-4 min	<u>DB Bench Press (No Leg Drive)</u>	<u>Machine Chest Press (No Leg Drive)</u>	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	<u>Standing Dumbbell Arnold Press</u>	2	3	8-10		8-9	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1. Press-Around</u>	1	2	12-15		9-10	0 min	<u>DB Flye</u>	<u>Deficit Push Up</u>	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	<u>A2. Pec Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Cross-Body Cable Y-Raise (Side Delt)</u>	1	3	12-15		9-10	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	Think about swinging the cable out and up as if "drawing a sword" from your side.
	<u>Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension</u>	1	3	8 + 8		9-10	~1-2 min	<u>Triceps Pressdown (12-15 reps)</u>	<u>DB Skull Crusher (12-15 reps)</u>	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	<u>N1-Style Cross-Body Triceps Extension</u>	0	2	10-12		10	~1-2 min	<u>Single-Arm Tricep Pressdown</u>	<u>Single-Arm Cable Tricep Kickback</u>	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		8-9	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		9-10	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		9-10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	3	6-8		9-10	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		10	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	2-4		8-9	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		8-9	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	3	8-10		8-9	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		8-9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	3	10-12		9-10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Leg Press Toe Press</u>	1	4	10-12		9-10	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	3	10-12		9-10	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.
OPTIONAL REST DAY										

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER #1	<u>Pull-Up</u>	2	2	8-10		8-9	~2-3 min	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	1.5x shoulder width grip, pull your chest to the bar.
	<u>Close-Grip Barbell Incline Press</u>	2-3	3	8, 5, 12		8-9	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Kroc Row</u>	2	3	10-12		8-9	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Eccentric-Accentuated Cable Lateral Raise,</u> <u>Constant-Tension Cable Lateral Raise</u>	1	3	5, 15		9-10	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	First 5 reps: 5-second lowering phase, last 15 reps constant tension (no pausing at the bottom or top).
	<u>N1-Style Cross-Body Bicep Curl</u>	1	3	10-12		9-10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Curl</u>	Curl across your body with your arm out to the side at ~60°.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.

WEEK 5	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER #1	<u>Deadlift</u>	3-4	1	1		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting
	<u>Stiff-Leg Deadlift</u>	0	2	8		8-9	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees
	<u>Leg Press</u>	2-3	4	10-12		8-9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round
	<u>Glute Ham Raise</u>	1	3	8-10		9-10	~1-2 min	<u>Nordic Ham Curl</u>	<u>Lying Leg Curl</u>	Keep your hips straight, do Nordic ham curls if no GHR machine
	<u>Slow-Eccentric Leg Extension</u>	1	3	8-10		9-10	~1-2 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Control the weight with a 3-4 second negative
	<u>Seated Calf Raise</u>	1	4	15-20		9-10	~1-2 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce
	<u>Roman Chair Leg Raise</u>	1	3	10-20		9-10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Don't swing your legs at the bottom, minimize momentum, tuck your knees towards your chest if lifting your legs straight out is too challenging
MANDATORY 1-2 REST DAYS										

SEMI-DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK TO PROMOTE RECOVERY AND TO PREPARE FOR THE NEXT 6 WEEKS!										
WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Bench Press</u>	3-4	1	3-5		7	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	<u>Larsen Press</u>	0	2	10		7	~3-4 min	<u>DB Bench Press (No Leg Drive)</u>	<u>Machine Chest Press (No Leg Drive)</u>	Shoulder blades still retracted and depressed. Slight arch in upper back. Zero leg drive.
	<u>Standing Dumbbell Arnold Press</u>	2	2	8-10		7	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>A1. Press-Around</u>	1	2	12-15		8	0 min	<u>DB Flye</u>	<u>Deficit Push Up</u>	Brace with your non-working arm, squeeze your pecs by pressing the cable across your body.
	<u>A2. Pec Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a pec stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Cross-Body Cable Y-Raise (Side Delt)</u>	1	2	12-15		8	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	Think about swinging the cable out and up as if "drawing a sword" from your side.
	<u>Squeeze-Only Triceps Pressdown + Stretch-Only Overhead Triceps Extension</u>	1	2	8 + 8		8	~1-2 min	<u>Triceps Pressdown (12-15 reps)</u>	<u>DB Skull Crusher (12-15 reps)</u>	Do the second half of the ROM for pressdowns ("the squeeze") and the first half of the ROM for overhead extensions ("the stretch").
	<u>N1-Style Cross-Body Triceps Extension</u>	0	2	10-12		8	~1-2 min	<u>Single-Arm Tricep Pressdown</u>	<u>Single-Arm Cable Tricep Kickback</u>	Extend your triceps with your arm more out to the side than a regular pressdown. Feel the stretch as the cable moves across your torso.

WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Lat Pulldown (Feeder Sets)</u>	0	4	10		See Notes	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	Do 4 feeder sets of 10 reps by gradually building the weight up from set to set. Set 1 is pretty light (RPE 4-5). Set 2 is a little heavier (RPE 6-7). Set 3 is a little heavier again (RPE 7-8). Set 4 is your hard set: try to hit failure at 10 reps on this last set.
	<u>Lat Pulldown (Failure Set)</u>	0	1	10+5		10	~2-3 min	<u>Machine Pulldown</u>	<u>Pull-Up</u>	After hitting failure at ~10 reps, do a dropset. Strip the weight back ~30-50% and do another 5 reps with nice and controlled technique.
	<u>Omni-Grip Machine Chest-Supported Row</u>	2	3	10-12		7	~2-3 min	<u>Incline Chest-Supported DB Row</u>	<u>Cable Seated Row</u>	Use 3 different grips for the 3 working sets (ideally going from wider to closer).
	<u>A1. Bottom-Half DB Lat Pullover</u>	1	2	10-12		8	0 min	<u>Cable Lat Pullover</u>	<u>1-Arm Lat Pull-In</u>	Do DB lat pullovers, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	<u>A2. Lat Static Stretch 30s</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a lat stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Omni-Direction Face Pull</u>	1	3	12-15		8	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	1st set: low-to-high 2nd set: mid-range 3rd set: high-to-low
	<u>EZ-Bar Curl</u>	1	2	6-8		8	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Focus on contracting your biceps, minimize torso momentum.
	<u>Bottom-Half Preacher Curl</u>	0	2	10-12		8	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).

WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat</u>	3-4	1	1-3		7	~3-4 min	<u>Hack Squat</u>	<u>DB Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Pause Squat (Back off)</u>	0	2	5		7	~3-4 min	<u>Pause Hack Squat</u>	<u>Pause DB Bulgarian Split Squat</u>	Drop the weight by ~25% from your top set. 2 second pause. Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	2	2	8-10		7	~2-3 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Walking Lunge</u>	1	2	10		7	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Seated Leg Curl</u>	1	2	10-12		8	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight.
	<u>Leg Press Toe Press</u>	1	2	10-12		8	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Decline Plate-Weighted Crunch</u>	1	2	10-12		8	~1-2 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard.
OPTIONAL REST DAY										

WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER #1	<u>Pull-Up</u>	2	2	8-10		7	~2-3 min	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	1.5x shoulder width grip, pull your chest to the bar.
	<u>Close-Grip Barbell Incline Press</u>	2-3	2	8, 5		7	~3-4 min	<u>Close-Grip DB Incline Press</u>	<u>Close-Grip Machine Press</u>	Use ~45° incline and a grip width just outside shoulder width.
	<u>Kroc Row</u>	2	2	10-12		7	~2-3 min	<u>Single-Arm DB Row</u>	<u>Meadows Row</u>	Kroc rows are basically just a dumbbell row with mild cheating and a slightly more upright posture. Don't be afraid to go heavy and use straps if your grip is limiting.
	<u>Eccentric-Accentuated Cable Lateral Raise, Constant-Tension Cable Lateral Raise</u>	1	2	5, 15		8	~1-2 min	<u>DB Lateral Raise</u>	<u>Machine Lateral Raise</u>	First 5 reps: 5-second lowering phase, last 15 reps constant tension (no pausing at the bottom or top).
	<u>N1-Style Cross-Body Bicep Curl</u>	1	2	10-12		8	~1-2 min	<u>DB Incline Curl</u>	<u>DB Curl</u>	Curl across your body with your arm out to the side at ~60°.
	<u>Diamond Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands close together on the ground so that they form a diamond shape and do as many pushups as possible with a smooth tempo.

WEEK 6	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER #1	<u>Deadlift</u>	3-4	1	4		7	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting
	<u>Stiff-Leg Deadlift</u>	0	2	8		7	~3-4 min	<u>Barbell RDL</u>	<u>DB RDL</u>	Think about doing a high-hip conventional deadlift with a slight bend in the knees
	<u>Leg Press</u>	2-3	2	10-12		7	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round
	<u>Glute Ham Raise</u>	1	2	8-10		8	~1-2 min	<u>Nordic Ham Curl</u>	<u>Lying Leg Curl</u>	Keep your hips straight, do Nordic ham curls if no GHR machine
	<u>Slow-Eccentric Leg Extension</u>	1	2	8-10		8	~1-2 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Control the weight with a 3-4 second negative
	<u>Seated Calf Raise</u>	1	2	15-20		8	~1-2 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce
	<u>Roman Chair Leg Raise</u>	1	2	10-20		8	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Don't swing your legs at the bottom, minimize momentum, tuck your knees towards your chest if lifting your legs straight out is too challenging
MANDATORY 1-2 REST DAYS										

PHASE 2

MAXIMUM EFFORT (LOW VOLUME, HIGH INTENSITY)

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	Bench Press	3-4	1	3-5		8-9	~3-5 min	DB Bench Press	Machine Chest Press	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	High-Incline Smith Machine Press	2	2	4-6		10	~3-4 min	Incline DB Press	Incline Machine Press	Set the bench at a 45-60° incline, touch the bar to your upper chest with control.
	Egyptian Cable Lateral Raise	2	3	6-8		10	~2-3 min	DB Lateral Raise	Machine Lateral Raise	Lean away from the cable. Focus on squeezing your delts.
	Overhead Cable Triceps Extension	2	2	4-6		10	~2-3 min	DB Floor Skull Crusher	DB French Press	Do both arms at once, resist the negative.
	Cable Triceps Kickback	1	2	6-8		10	~2-3 min	DB Triceps Kickback	Triceps Pressdown	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Neutral-Grip Lat Pulldown</u>	3	3	4-6		10	~3-4 min	<u>Neutral-Grip Pull-Up</u>	<u>Machine Pulldown</u>	Pull your elbows down against your sides.
	<u>Pendlay Row</u>	3	2	4-6		10	~3-4 min	<u>Meadows Row</u>	<u>Single-Arm Row</u>	Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum.
	<u>Reverse Pec Deck</u>	2	2	6-8		10	~2-3 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl</u>	2	2	4-6		10	~2-3 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>Hammer Cheat Curl</u>	1	1	4-6		10	0 min	<u>Inverse Zottman Curl</u>	<u>DB Curl</u>	You can use slight momentum on the concentric, but control the eccentric with your elbows stationary.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat or Machine Squat</u>	3-4	1	3-5		8-9	~3-5 min	<u>Machine Squat</u>	<u>Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	3	2	4-6		10	~3-4 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Leg Extension</u>	2	2	6-8		10	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move.
	<u>Seated Calf Raise</u>	2	2	4-6		10	~2-3 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Cable Crunch</u>	2	2	6-8		10	~2-3 min	<u>Plate-Weighted Crunch</u>	<u>Machine Crunch</u>	Round your back as you crunch.
OPTIONAL REST DAY										

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER #1	<u>Wide-Grip Pull-Up</u>	3	2	4-6		10	~3-4 min	<u>Wide-Grip Lat Pulldown</u>	<u>Machine Pulldown</u>	Use ~1.5x shoulder width grip. Add weight or use assistance as needed to hit RPE. Keep form as consistent as possible.
	<u>Seated DB Shoulder Press</u>	3	2	6-8		10	~3-4 min	<u>Machine Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Bring the dumbbells all the way down, keep your torso upright
	<u>Close-Grip Seated Cable Row</u>	3	1	4-6		10	~3-4 min	<u>T-Bar Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back.
	<u>Weighted Dip</u>	3	2	4-6		10	~3-4 min	<u>Machine Chest Press</u>	<u>DB Bench Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip
	<u>Machine Lateral Raise</u>	2	2	6-8		10	~2-3 min	<u>DB Lateral Raise</u>	<u>Cable Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight
	<u>Alternating DB Curl</u>	2	1	4-6		10	~2-3 min	<u>EZ Bar Curl</u>	<u>Cable Curl</u>	Alternate arms with each curl: do 1 rep with your right arm, one rep with your left arm. Repeat until you reach 4-6 reps with each arm.
	<u>Triceps Pressdown</u>	2	1	4-6		10	0 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER #1	<u>Hack Squat</u>	3-4	2	4-6		8-9	~3-5 min	<u>Machine Squat</u>	<u>Bulgarian Split Squat</u>	Allow your knees to come forward (past your toes), focus the tension on your quads
	<u>Dumbbell Walking Lunge</u>	3	2	4-6		10	~3-4 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Do 4-6 reps with each leg (8-12 total strides). Straps may be helpful if your grip becomes limiting.
	<u>Seated Leg Curl</u>	2	2	4-6		10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight
	<u>Standing Calf Raise</u>	2	2	6-8		10	~2-3 min	<u>Seated Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce
	<u>Decline Plate Weighted Crunch</u>	2	2	6-8		10	~2-3 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard!
MANDATORY 1-2 REST DAYS										

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	Bench Press	3-4	1	3-5		8-9	~3-5 min	DB Bench Press	Machine Chest Press	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	High-Incline Smith Machine Press	2	2	4-6		10	~3-4 min	Incline DB Press	Incline Machine Press	Set the bench at a 45-60° incline, touch the bar to your upper chest with control.
	Egyptian Cable Lateral Raise	2	2	6-8		10	~2-3 min	DB Lateral Raise	Machine Lateral Raise	Lean away from the cable. Focus on squeezing your delts.
	Overhead Cable Triceps Extension	2	2	4-6		10	~2-3 min	DB Floor Skull Crusher	DB French Press	Do both arms at once, resist the negative.
	Cable Triceps Kickback	1	2	6-8		10	~2-3 min	DB Triceps Kickback	Triceps Pressdown	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Neutral-Grip Lat Pulldown</u>	3	3	4-6		10	~3-4 min	<u>Neutral-Grip Pull-Up</u>	<u>Machine Pulldown</u>	Pull your elbows down against your sides.
	<u>Pendlay Row</u>	3	2	4-6		10	~3-4 min	<u>Meadows Row</u>	<u>Single-Arm Row</u>	Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum.
	<u>Reverse Pec Deck</u>	2	2	6-8		10	~2-3 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl</u>	2	2	4-6		10	~2-3 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>Hammer Cheat Curl</u>	1	1	4-6		10	0 min	<u>Inverse Zottman Curl</u>	<u>DB Curl</u>	You can use slight momentum on the concentric, but control the eccentric with your elbows stationary.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat or Machine Squat</u>	3-4	1	3-5		8-9	~3-5 min	<u>Machine Squat</u>	<u>Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	3	2	4-6		10	~3-4 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Leg Extension</u>	2	2	6-8		10	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move.
	<u>Seated Calf Raise</u>	2	2	4-6		10	~2-3 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Cable Crunch</u>	2	2	6-8		10	~2-3 min	<u>Plate-Weighted Crunch</u>	<u>Machine Crunch</u>	Round your back as you crunch.
OPTIONAL REST DAY										

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER #1	<u>Wide-Grip Pull-Up</u>	3	2	4-6		10	~3-4 min	<u>Wide-Grip Lat Pulldown</u>	<u>Machine Pulldown</u>	Use ~1.5x shoulder width grip. Add weight or use assistance as needed to hit RPE. Keep form as consistent as possible.
	<u>Seated DB Shoulder Press</u>	3	2	6-8		10	~3-4 min	<u>Machine Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Bring the dumbbells all the way down, keep your torso upright
	<u>Close-Grip Seated Cable Row</u>	3	1	4-6		10	~3-4 min	<u>T-Bar Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back.
	<u>Weighted Dip</u>	3	2	4-6		10	~3-4 min	<u>Machine Chest Press</u>	<u>DB Bench Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip
	<u>Machine Lateral Raise</u>	2	2	6-8		10	~2-3 min	<u>DB Lateral Raise</u>	<u>Cable Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight
	<u>Alternating DB Curl</u>	2	1	4-6		10	~2-3 min	<u>EZ Bar Curl</u>	<u>Cable Curl</u>	Alternate arms with each curl: do 1 rep with your right arm, one rep with your left arm. Repeat until you reach 4-6 reps with each arm.
	<u>Triceps Pressdown</u>	2	1	4-6		10	0 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER #1	<u>Deadlift</u>	3-4	2	4-6		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Can pull sumo or conventional, go with whatever variation you are stronger with
	<u>Dumbbell Walking Lunge</u>	3	2	4-6		10	~3-4 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Do 4-6 reps with each leg (8-12 total strides). Straps may be helpful if your grip becomes limiting.
	<u>Seated Leg Curl</u>	2	2	4-6		10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight
	<u>Standing Calf Raise</u>	2	2	6-8		10	~2-3 min	<u>Seated Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce
	<u>Decline Plate Weighted Crunch</u>	2	2	6-8		10	~2-3 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard!
MANDATORY 1-2 REST DAYS										

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	Bench Press	3-4	1	3-5		8-9	~3-5 min	DB Bench Press	Machine Chest Press	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	High-Incline Smith Machine Press	2	2	4-6		10	~3-4 min	Incline DB Press	Incline Machine Press	Set the bench at a 45-60° incline, touch the bar to your upper chest with control.
	Egyptian Cable Lateral Raise	2	2	6-8		10	~2-3 min	DB Lateral Raise	Machine Lateral Raise	Lean away from the cable. Focus on squeezing your delts.
	Overhead Cable Triceps Extension	2	2	4-6		10	~2-3 min	DB Floor Skull Crusher	DB French Press	Do both arms at once, resist the negative.
	Cable Triceps Kickback	1	2	6-8		10	~2-3 min	DB Triceps Kickback	Triceps Pressdown	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Neutral-Grip Lat Pulldown</u>	3	3	4-6		10	~3-4 min	<u>Neutral-Grip Pull-Up</u>	<u>Machine Pulldown</u>	Pull your elbows down against your sides.
	<u>Pendlay Row</u>	3	2	4-6		10	~3-4 min	<u>Meadows Row</u>	<u>Single-Arm Row</u>	Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum.
	<u>Reverse Pec Deck</u>	2	2	6-8		10	~2-3 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl</u>	2	2	4-6		10	~2-3 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>Hammer Cheat Curl</u>	1	1	4-6		10	0 min	<u>Inverse Zottman Curl</u>	<u>DB Curl</u>	You can use slight momentum on the concentric, but control the eccentric with your elbows stationary.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat or Machine Squat</u>	3-4	1	3-5		8-9	~3-5 min	<u>Machine Squat</u>	<u>Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	3	2	4-6		10	~3-4 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Leg Extension</u>	2	2	6-8		10	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move.
	<u>Seated Calf Raise</u>	2	2	4-6		10	~2-3 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Cable Crunch</u>	2	2	6-8		10	~2-3 min	<u>Plate-Weighted Crunch</u>	<u>Machine Crunch</u>	Round your back as you crunch.
OPTIONAL REST DAY										

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER #1	<u>Wide-Grip Pull-Up</u>	3	2	4-6		10	~3-4 min	<u>Wide-Grip Lat Pulldown</u>	<u>Machine Pulldown</u>	Use ~1.5x shoulder width grip. Add weight or use assistance as needed to hit RPE. Keep form as consistent as possible.
	<u>Seated DB Shoulder Press</u>	3	2	6-8		10	~3-4 min	<u>Machine Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Bring the dumbbells all the way down, keep your torso upright
	<u>Close-Grip Seated Cable Row</u>	3	1	4-6		10	~3-4 min	<u>T-Bar Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back.
	<u>Weighted Dip</u>	3	2	4-6		10	~3-4 min	<u>Machine Chest Press</u>	<u>DB Bench Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip
	<u>Machine Lateral Raise</u>	2	2	6-8		10	~2-3 min	<u>DB Lateral Raise</u>	<u>Cable Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight
	<u>Alternating DB Curl</u>	2	1	4-6		10	~2-3 min	<u>EZ Bar Curl</u>	<u>Cable Curl</u>	Alternate arms with each curl: do 1 rep with your right arm, one rep with your left arm. Repeat until you reach 4-6 reps with each arm.
	<u>Triceps Pressdown</u>	2	1	4-6		10	0 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER #1	<u>Hack Squat</u>	3-4	2	4-6		9-10	~3-5 min	<u>Machine Squat</u>	<u>Bulgarian Split Squat</u>	Allow your knees to come forward (past your toes), focus the tension on your quads
	<u>Dumbbell Walking Lunge</u>	3	2	4-6		10	~3-4 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Do 4-6 reps with each leg (8-12 total strides). Straps may be helpful if your grip becomes limiting.
	<u>Seated Leg Curl</u>	2	2	4-6		10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight
	<u>Standing Calf Raise</u>	2	2	6-8		10	~2-3 min	<u>Seated Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce
	<u>Decline Plate Weighted Crunch</u>	2	2	6-8		10	~2-3 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard!
MANDATORY 1-2 REST DAYS										

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	Bench Press	3-4	1	3-5		8-9	~3-5 min	DB Bench Press	Machine Chest Press	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	High-Incline Smith Machine Press	2	2	4-6		10	~3-4 min	Incline DB Press	Incline Machine Press	Set the bench at a 45-60° incline, touch the bar to your upper chest with control.
	Egyptian Cable Lateral Raise	2	2	6-8		10	~2-3 min	DB Lateral Raise	Machine Lateral Raise	Lean away from the cable. Focus on squeezing your delts.
	Overhead Cable Triceps Extension	2	2	4-6		10	~2-3 min	DB Floor Skull Crusher	DB French Press	Do both arms at once, resist the negative.
	Cable Triceps Kickback	1	2	6-8		10	~2-3 min	DB Triceps Kickback	Triceps Pressdown	Lean slightly forward, lock your elbow behind your torso (shoulder hyperextension).

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>Neutral-Grip Lat Pulldown</u>	3	3	4-6		10	~3-4 min	<u>Neutral-Grip Pull-Up</u>	<u>Machine Pulldown</u>	Pull your elbows down against your sides.
	<u>Pendlay Row</u>	3	2	4-6		10	~3-4 min	<u>Meadows Row</u>	<u>Single-Arm Row</u>	Initiate the movement by squeezing your shoulder blades together, pull to your lower chest, avoid using momentum.
	<u>Reverse Pec Deck</u>	2	2	6-8		10	~2-3 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl</u>	2	2	4-6		10	~2-3 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>Hammer Cheat Curl</u>	1	1	4-6		10	0 min	<u>Inverse Zottman Curl</u>	<u>DB Curl</u>	You can use slight momentum on the concentric, but control the eccentric with your elbows stationary.

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Squat or Machine Squat</u>	3-4	1	3-5		8-9	~3-5 min	<u>Machine Squat</u>	<u>Bulgarian Split Squat</u>	Sit back and down, keep your upper back tight to the bar.
	<u>Barbell RDL</u>	3	2	4-6		10	~3-4 min	<u>DB RDL</u>	<u>45° Hyperextension</u>	Maintain a neutral lower back, set your hips back, don't allow your spine to round.
	<u>Leg Extension</u>	2	2	6-8		10	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move.
	<u>Seated Calf Raise</u>	2	2	4-6		10	~2-3 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Cable Crunch</u>	2	2	6-8		10	~2-3 min	<u>Plate-Weighted Crunch</u>	<u>Machine Crunch</u>	Round your back as you crunch.
OPTIONAL REST DAY										

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER #1	<u>Wide-Grip Pull-Up</u>	3	2	4-6		10	~3-4 min	<u>Wide-Grip Lat Pulldown</u>	<u>Machine Pulldown</u>	Use ~1.5x shoulder width grip. Add weight or use assistance as needed to hit RPE. Keep form as consistent as possible.
	<u>Seated DB Shoulder Press</u>	3	2	6-8		10	~3-4 min	<u>Machine Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Bring the dumbbells all the way down, keep your torso upright
	<u>Close-Grip Seated Cable Row</u>	3	1	4-6		10	~3-4 min	<u>T-Bar Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together, drive your elbows down and back.
	<u>Weighted Dip</u>	3	2	4-6		10	~3-4 min	<u>Machine Chest Press</u>	<u>DB Bench Press</u>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip
	<u>Machine Lateral Raise</u>	2	2	6-8		10	~2-3 min	<u>DB Lateral Raise</u>	<u>Cable Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight
	<u>Alternating DB Curl</u>	2	1	4-6		10	~2-3 min	<u>EZ Bar Curl</u>	<u>Cable Curl</u>	Alternate arms with each curl: do 1 rep with your right arm, one rep with your left arm. Repeat until you reach 4-6 reps with each arm.
	<u>Triceps Pressdown</u>	2	1	4-6		10	0 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight

WEEK 4	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER #1	<u>Deadlift</u>	3-4	2	4-6		8-9	~3-5 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Can pull sumo or conventional, go with whatever variation you are stronger with
	<u>Dumbbell Walking Lunge</u>	3	2	4-6		10	~3-4 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Do 4-6 reps with each leg (8-12 total strides). Straps may be helpful if your grip becomes limiting.
	<u>Seated Leg Curl</u>	2	2	4-6		10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to move the weight
	<u>Standing Calf Raise</u>	2	2	6-8		10	~2-3 min	<u>Seated Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce
	<u>Decline Plate Weighted Crunch</u>	2	2	6-8		10	~2-3 min	<u>Cable Crunch</u>	<u>Machine Crunch</u>	Hold a plate or DB to your chest and crunch hard!
MANDATORY 1-2 REST DAYS										

PHASE 3

SUPERCOMPENSATION

(HIGH VOLUME, MODERATE INTENSITY)

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Low Incline DB Press</u>	2	3	20		9	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Smith Machine Press</u>	15° bench angle, tuck your elbows on the negative, flare as you press
	<u>Machine Shoulder Press</u>	2	3	15		9	~2-3 min	<u>DB Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Don't stop in between reps, keep smooth and controlled tension on the delts
	<u>Cable Crossover Ladder</u>	1	3	20		10	~1-2 min	<u>Flat-To-Incline DB Flye</u>	<u>Pec Deck</u>	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position
	<u>A1: Lean-In Constant Tension DB Lateral Raise</u>	1	3	15		10	0 min	<u>Constant-Tension Cable Lateral Raise</u>	<u>Constant-Tension Machine Lateral Raise</u>	Lean into a bench and do lateral raises. Keep tension - don't rest your arm against your side at the bottom.
	<u>A2: Side Delt Static STRETCH (30s)</u>	0	3	30s HOLD		N/A	0 min	N/A	N/A	Hold a side delt stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Overhead Triceps Extension</u>	1	3	20		10	~1-2 min	<u>DB Floor Skull Crusher</u>	<u>DB French Press</u>	Do both arms at once, resist the negative
	<u>Med-Ball Close Grip Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands on a medicine ball and do smooth, controlled pushups

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>1-Arm Half Kneeling Lat Pulldown</u>	1	2	20		9	~1-2 min	<u>1-Arm Lat Pull-In</u>	<u>Cable Lat Pullover</u>	Keep chest tall, keep elbow tucked in close to your torso, focus on squeezing your lat to move the weight
	<u>Omni-Grip Lat Pulldown</u>	1	3	20		9	~2-3 min	<u>Omni-Grip Pull-Up</u>	<u>Chin-Up</u>	One set wide grip (overhand), 1 set middle grip (overhand), 1 set close grip (underhand)
	<u>Machine Low Row</u>	2	4	20		9	~2-3 min	<u>Helms Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together on each rep
	<u>Cable Shrug-In</u>	1	3	20		10	~1-2 min	<u>DB Shrug</u>	<u>Plate Shrug</u>	Set up two cable handles low and shrug up and in. Squeeze your upper traps to move the weight.
	<u>Reverse Pec Deck</u>	1	3	20		10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back"
	<u>EZ-Bar Curl (Heavy)</u>	2	1	4-6		9	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps
	<u>A1: EZ-Bar Modified Bicep 21's</u>	0	2	21		10	0 min	<u>DB Curl 21's</u>	<u>Cable Curl 21's</u>	7 reps seated, 7 reps standing full ROM, 7 reps bottom-half curls
	<u>A2: Bicep Static STRETCH (30s)</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a bicep stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Front Squat</u>	2-3	3	15		7-8	~2-3 min	<u>High-Bar Box Squat</u>	<u>Goblet Squat</u>	These will be challenging, let's push! Don't go so heavy that you miss reps. Be humble with your weight and focus on keeping your torso upright
	<u>Dumbbell RDL</u>	1	3	20		9	~2-3 min	<u>Barbell RDL</u>	<u>45° Hyperextension</u>	Emphasize the stretch in your hamstrings, prevent your lower back from rounding
	<u>Walking Lunge</u>	1	3	10		9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg
	<u>SLOW Seated Leg Curl (3 up, 3 down)</u>	1	3	8		10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lift with a slow tempo. The positive should take 3 seconds and the negative should take 3 seconds.
	<u>Leg Press Toe Press</u>	1	3	20		10	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce
	<u>LLPT Plank</u>	0	3	20		10	~1-2 min	<u>Ab Wheel Rollout</u>	<u>Plank</u>	Contract your glutes and position your elbows under your eyes to make the plank more difficult
OPTIONAL REST DAY										

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER #1	<u>Bench Press (Top Set)</u>	3-4	1	2-4		8-9	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep
	<u>Bench Press (Back Off AMRAP)</u>	0	1	AMRAP	~60% of AMRAP set load	10	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Use ~60% of the weight you used on your top set and do it for as many reps as possible. You should be in the range of 10-20+ reps on this set! Use a spotter and safety bars!
	<u>Pull-Up</u>	2	6	3		7-8	~15 sec	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	6 cluster sets: 3 reps, rest 15s, repeat 6x. Keep form smooth and controlled.
	<u>Standing Dumbbell Arnold Press</u>	2	3	15		9	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>Wide-Grip Cable Row</u>	2	10	3		7-8	~15 sec	<u>Wide-Grip Machine Row</u>	<u>Wide-Grip T-Bar Row</u>	10 cluster sets: 3 reps, rest 15s, repeat 10x. Keep form tight.
	<u>Triceps Pressdown</u>	1	3	20		10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Bayesian Cable Curl</u>	1	3	20		10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Curl</u>	Keep your elbow behind your torso throughout the range of motion, focus on squeezing your bicep. Sets are per arm

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER #1	<u>Deadlift</u>	3-4	2	8		9	~3-4 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting
	<u>Leg Press</u>	2-3	2	20		9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round
	<u>Leg Extension</u>	1	5	20		10	~1-2 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move
	<u>Lying Leg Curl</u>	1	3	20		10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to make the weight move
	<u>Seated Calf Raise</u>	1	3	20		10	~1-2 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce
	<u>Corpse Crunch</u>	0	3	20		10	~1-2 min	<u>Plate-Weighted Crunch</u>	<u>Cable Crunch</u>	Clear your upper back off the floor when you crunch, hold for 1-2 seconds and then go back down. Don't yank with your neck.
MANDATORY 1-2 REST DAYS										

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Low Incline DB Press</u>	2	3	20		9	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Smith Machine Press</u>	15° bench angle, tuck your elbows on the negative, flare as you press
	<u>Machine Shoulder Press</u>	2	3	15		9	~2-3 min	<u>DB Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Don't stop in between reps, keep smooth and controlled tension on the delts
	<u>Cable Crossover Ladder</u>	1	3	20		10	~1-2 min	<u>Flat-To-Incline DB Flye</u>	<u>Pec Deck</u>	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position
	<u>A1: Lean-In Constant Tension DB Lateral Raise</u>	1	3	15		10	0 min	<u>Constant-Tension Cable Lateral Raise</u>	<u>Constant-Tension Machine Lateral Raise</u>	Lean into a bench and do lateral raises. Keep tension - don't rest your arm against your side at the bottom.
	<u>A2: Side Delt Static STRETCH (30s)</u>	0	3	30s HOLD		N/A	0 min	N/A	N/A	Hold a side delt stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Overhead Triceps Extension</u>	1	3	20		10	~1-2 min	<u>DB Floor Skull Crusher</u>	<u>DB French Press</u>	Do both arms at once, resist the negative
	<u>Med-Ball Close Grip Pushup</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands on a medicine ball and do smooth, controlled pushups

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>1-Arm Half Kneeling Lat Pulldown</u>	1	2	20		9	~1-2 min	<u>1-Arm Lat Pull-In</u>	<u>Cable Lat Pullover</u>	Keep chest tall, keep elbow tucked in close to your torso, focus on squeezing your lat to move the weight
	<u>Omni-Grip Lat Pulldown</u>	1	3	20		9	~2-3 min	<u>Omni-Grip Pull-Up</u>	<u>Chin-Up</u>	One set wide grip (overhand), 1 set middle grip (overhand), 1 set close grip (underhand)
	<u>Machine Low Row</u>	2	4	20		9	~2-3 min	<u>Helms Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together on each rep
	<u>Cable Shrug-In</u>	1	3	20		10	~1-2 min	<u>DB Shrug</u>	<u>Plate Shrug</u>	Set up two cable handles low and shrug up and in. Squeeze your upper traps to move the weight.
	<u>Reverse Pec Deck</u>	1	3	20		10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back"
	<u>EZ-Bar Curl (Heavy)</u>	2	1	4-6		9	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps
	<u>A1: EZ-Bar Modified Bicep 21's</u>	0	2	21		10	0 min	<u>DB Curl 21's</u>	<u>Cable Curl 21's</u>	7 reps seated, 7 reps standing full ROM, 7 reps bottom-half curls
	<u>A2: Bicep Static STRETCH (30s)</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a bicep stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Front Squat</u>	2-3	3	15		7-8	~2-3 min	<u>High-Bar Box Squat</u>	<u>Goblet Squat</u>	These will be challenging, let's push! Don't go so heavy that you miss reps. Be humble with your weight and focus on keeping your torso upright
	<u>Dumbbell RDL</u>	1	3	20		9	~2-3 min	<u>Barbell RDL</u>	<u>45° Hyperextension</u>	Emphasize the stretch in your hamstrings, prevent your lower back from rounding
	<u>Walking Lunge</u>	1	3	10		9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg
	<u>SLOW Seated Leg Curl (3 up, 3 down)</u>	1	3	8		10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lift with a slow tempo. The positive should take 3 seconds and the negative should take 3 seconds.
	<u>Leg Press Toe Press</u>	1	3	20		10	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce
	<u>LLPT Plank</u>	0	3	20		10	~1-2 min	<u>Ab Wheel Rollout</u>	<u>Plank</u>	Contract your glutes and position your elbows under your eyes to make the plank more difficult
OPTIONAL REST DAY										

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER #1	<u>Bench Press (Top Set)</u>	3-4	1	2-4		8-9	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep
	<u>Bench Press (Back Off AMRAP)</u>	0	1	AMRAP	~60% of AMRAP set load	10	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Use ~60% of the weight you used on your top set and do it for as many reps as possible. You should be in the range of 10-20+ reps on this set! Use a spotter and safety bars!
	<u>Pull-Up</u>	2	6	3		7-8	~15 sec	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	6 cluster sets: 3 reps, rest 15s, repeat 6x. Keep form smooth and controlled.
	<u>Standing Dumbbell Arnold Press</u>	2	3	15		9	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>Wide-Grip Cable Row</u>	2	10	3		7-8	~15 sec	<u>Wide-Grip Machine Row</u>	<u>Wide-Grip T-Bar Row</u>	10 cluster sets: 3 reps, rest 15s, repeat 10x. Keep form tight.
	<u>Triceps Pressdown</u>	1	3	20		10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Bayesian Cable Curl</u>	1	3	20		10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Curl</u>	Keep your elbow behind your torso throughout the range of motion, focus on squeezing your bicep. Sets are per arm

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LOWER #1	<u>Deadlift</u>	3-4	2	8		9	~3-4 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting
	<u>Leg Press</u>	2-3	2	20		9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round
	<u>Leg Extension</u>	1	5	20		10	~1-2 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move
	<u>Lying Leg Curl</u>	1	3	20		10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to make the weight move
	<u>Seated Calf Raise</u>	1	3	20		10	~1-2 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce
	<u>Corpse Crunch</u>	0	3	20		10	~1-2 min	<u>Plate-Weighted Crunch</u>	<u>Cable Crunch</u>	Clear your upper back off the floor when you crunch, hold for 1-2 seconds and then go back down. Don't yank with your neck.
MANDATORY 1-2 REST DAYS										

FULL DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK BEFORE RUNNING BACK THROUGH WEEK 1 OF THE PROGRAM OR ONTO A NEW PROGRAM.										
WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Low Incline DB Press</u>	2	2	12		6	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Smith Machine Press</u>	15° bench angle, tuck your elbows on the negative, flare as you press
	<u>Machine Shoulder Press</u>	2	2	12		6	~2-3 min	<u>DB Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Don't stop in between reps, keep smooth and controlled tension on the delts
	<u>Cable Crossover Ladder</u>	1	2	15		7	~1-2 min	<u>Flat-To-Incline DB Flye</u>	<u>Pec Deck</u>	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position
	<u>A1: Lean-In Constant Tension DB Lateral Raise</u>	1	2	12		7	0 min	<u>Constant-Tension Cable Lateral Raise</u>	<u>Constant-Tension Machine Lateral Raise</u>	Lean into a bench and do lateral raises. Keep tension - don't rest your arm against your side at the bottom.
	<u>A2: Side Delt Static STRETCH (30s)</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a side delt stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Overhead Triceps Extension</u>	1	2	15		7	~1-2 min	<u>DB Floor Skull Crusher</u>	<u>DB French Press</u>	Do both arms at once, resist the negative
	<u>Med-Ball Close Grip Pushup</u>	0	1	AMRAP		7	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands on a medicine ball and do smooth, controlled pushups

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>1-Arm Half Kneeling Lat Pulldown</u>	1	2	12		6	~1-2 min	<u>1-Arm Lat Pull-In</u>	<u>Cable Lat Pullover</u>	Keep chest tall, keep elbow tucked in close to your torso, focus on squeezing your lat to move the weight
	<u>Omni-Grip Lat Pulldown</u>	1	3	12		6	~2-3 min	<u>Omni-Grip Pull-Up</u>	<u>Chin-Up</u>	One set wide grip (overhand), 1 set middle grip (overhand), 1 set close grip (underhand)
	<u>Machine Low Row</u>	2	2	12		6	~2-3 min	<u>Helms Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together on each rep
	<u>Cable Shrug-In</u>	1	2	12		7	~1-2 min	<u>DB Shrug</u>	<u>Plate Shrug</u>	Set up two cable handles low and shrug up and in. Squeeze your upper traps to move the weight.
	<u>Reverse Pec Deck</u>	1	2	12		7	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back"
	<u>EZ-Bar Curl (Heavy)</u>	2	1	4-6		7	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps
	<u>A1: EZ-Bar Modified Bicep 21's</u>	0	1	21		7	0 min	<u>DB Curl 21's</u>	<u>Cable Curl 21's</u>	7 reps seated, 7 reps standing full ROM, 7 reps bottom-half curls
	<u>A2: Bicep Static STRETCH (30s)</u>	0	1	30s HOLD		N/A	0 min	N/A	N/A	Hold a bicep stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Front Squat</u>	2-3	2	10		6	~2-3 min	<u>High-Bar Box Squat</u>	<u>Goblet Squat</u>	Stay light, keep your torso upright
	<u>Dumbbell RDL</u>	1	2	12		6	~2-3 min	<u>Barbell RDL</u>	<u>45° Hyperextension</u>	Emphasize the stretch in your hamstrings, prevent your lower back from rounding
	<u>Walking Lunge</u>	1	2	8		6	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg
	<u>SLOW Seated Leg Curl (3 up, 3 down)</u>	1	2	8		7	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lift with a slow tempo. The positive should take 3 seconds and the negative should take 3 seconds.
	<u>Leg Press Toe Press</u>	1	2	12		7	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce
	<u>LLPT Plank</u>	0	1	30s		7	~1-2 min	<u>Ab Wheel Rollout</u>	<u>Plank</u>	Contract your glutes and position your elbows under your eyes to make the plank more difficult
OPTIONAL REST DAY										

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
UPPER #1	<u>Bench Press</u>	3-4	1	2-4		6	~3-4 min	<u>DB Bench Press</u>	<u>Machine Chest Press</u>	Set up a comfortable arch, quick pause on the chest and explode up on each rep
	<u>Pull-Up</u>	2	4	3		6	~15 sec	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	6 cluster sets: 3 reps, rest 15s, repeat 6x. Keep form smooth and controlled.
	<u>Standing Dumbbell Arnold Press</u>	2	2	12		6	~2-3 min	<u>Seated DB Shoulder Press</u>	<u>Machine Shoulder Press</u>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	<u>Wide-Grip Cable Row</u>	2	6	3		6	~15 sec	<u>Wide-Grip Machine Row</u>	<u>Wide-Grip T-Bar Row</u>	10 cluster sets: 3 reps, rest 15s, repeat 10x. Keep form tight.
	<u>Triceps Pressdown</u>	1	2	15		7	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Bayesian Cable Curl</u>	1	2	15		7	~1-2 min	<u>DB Incline Curl</u>	<u>DB Curl</u>	Keep your elbow behind your torso throughout the range of motion, focus on squeezing your bicep. Sets are per arm

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	<u>Leg Press</u>	2-3	1	12		6	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round
	<u>Leg Extension</u>	1	2	15		7	~1-2 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move
	<u>Lying Leg Curl</u>	1	2	15		7	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to make the weight move
	<u>Seated Calf Raise</u>	1	2	15		7	~1-2 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce
	<u>Corpse Crunch</u>	0	1	15		7	~1-2 min	<u>Plate-Weighted Crunch</u>	<u>Cable Crunch</u>	Clear your upper back off the floor when you crunch, hold for 1-2 seconds and then go back down. Don't yank with your neck.
MANDATORY 1-2 REST DAYS										